Simplicity

Realizations and Applications of the Buddha's Teachings on Simplicity

Tuesday Evenings, 7:30 pm to 9:00 pm

March 10	Shaila Catherine	***The Simplicity of Being***
March 17	Carla Brennan	***Letting In, Letting Be, Letting Go***
March 24	Ayya Tathaaloka	***"For our long-lasting benefit and the happiness it gives us" Renunciation, Simplicity and Sustainability in the Buddha's Eyes***
March 31	Misha Merrill	***Alive or Dead? Reflections on the Nature of Simplicity***
April 7	Tony Bernhard	***Lessons from the Buddha on Relationship and Simplicity***
April 14	Kim Allen	***Simplicity in Dhamma Practice***

See the reverse side for speaker's biographies

At
Edwards Hall of St. Timothy's Church
2094 Grant Road
Mountain View, CA 94040

Contact Information: Kim at (408) 998-5491 kim@imsb.org

Everyone is welcome. Chairs are provided
Bring a cushion of you prefer to sit on the floor

No registration is required.
Donations are encouraged to support the teacher and organizational expenses

Presented by **Insight Meditation South Bay**
www.imsb.org

Speakers

Shaila Catherine March 10 *The Simplicity of Being*

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila studied at the Sharpham College for Buddhist Studies in England, and dedicated several years to studying with masters in India, Nepal and Thailand. In recent years Shaila has focused on developing deep concentration (jhana) as the basis for insight. She founded Insight Meditation South Bay and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, published by Wisdom Publications in 2008

Carla Brennan March 17 *Letting In, Letting Be, Letting Go*

Carla Brennan teaches with Vipassana Santa Cruz and other groups in the Bay Area. She has been meditating for over 30 years in the Zen, Theravada, and Tibetan traditions. Carla also leads wilderness retreats, and is an artist and former psychotherapist.

Ayya Tathaaloka March 24 *Renunciation, Simplicity and Sustainability in the Buddha's Eyes*

Ayya Tathaaloka Bhikkhuni is an American-born member of the Buddhist Women's Monastic Sangha with a background in Zen and Theravadan Buddhism. Venerable Tathaaloka began her journey into monastic life more than twenty years ago, and was granted Higher Ordination by a multi-ethnic gathering of the Bhikkhu & Bhikkhuni Sanghas in Southern California in early 1997. With the encouragement of many Sangha friends, in 2005 she co-founded Dhammadharini Vihara in Fremont, the first Theravadan Buddhist women's monastery in the Western United States, where she currently serves as Abbess. In May of 2008 she participated in the third Buddhist-Christian Gethsemani Encounter: on Monasticism and the Environment. Inspired by the Forest traditions in Buddhism, she is currently involved in founding a rustic off-the-grid women's monastic retreat on the Sonoma Coast named Aranya Bodhi. Website - http://groups.google.com/group/dhammadharini, http://awakening-forest-hermitage.blogspot.com

Misha Merrill March 31 *Alive or Dead? Reflections on the Nature of Simplicity*

Misha Merrill is a Zen priest in the lineage of Suzuki Roshi of the San Francisco Zen Center. She has practiced meditation since 1984 and has been teaching since 1998. Her group, Zen Heart Sangha, has been meeting since 1996, and includes groups in Menlo Park, Woodside, Sacramento, and upstate New York.

Tony Bernhard April 7 *Lessons from the Buddha on Relationship and Simplicity*

Tony Bernhard is a practitioner in the Therevada tradition as it has been transmitted by IMS and Spirit Rock - where he trained as a community dharma leader. He leads kalyana mitta and sitting groups in Davis, and teaches at a large, local retirement community. Tony made his livelihood in politics, having earned a Ph.D. in political sociology, serving as leadership staff in the state Capitol and for 16 years as Yolo County's elected County Clerk.

Kim Allen April 14 *Simplicity in Dhamma Practice*

Kim Allen has practiced meditation since 2003. Inspired by a deep interest in nature, she has studied science, sustainability, tai chi, and qi gong. Kim works as a sustainable business consultant.